



To: All fall 2019 NAXC runners, other sport athletes interested in training for speed endurance, and their families -

This summer we will again be offering a tremendous summer cross country pre-season training program in North Park. Again functioning as Allegheny North Athletics, LLC, I will be offering my Summer Running Academy weekday mornings at North Park, beginning June 10; additional details are below. **The Academy will be a great fit for all those preparing for fall cross country competition, but it will also be of extreme benefit for those who will be participating in soccer, field hockey, and any sport where physical condition and endurance are important.**

Each participant will receive the following:

1. Individualized conditioning sessions
2. Technical analysis of running form
3. Individualized goal setting and comprehensive practice plans
4. Variety of base, tempo, and speed training
5. Comprehensive cross training targeted at balance, flexibility, strength, and stamina
6. Midseason evaluation and recommendations for personal growth
7. Weekly verbal evaluation for continued and future improvement
8. A positive and professional educational atmosphere and environment
9. Much more!

Participation in my Summer Running Academy is program is strictly voluntary. Our program's major objective is to provide the opportunity for each young person to develop physically, psychologically, and socially to reach their desired goals, as well as prepare themselves for their upcoming future competitive challenges.

The Allegheny North Athletics training program will continue to be held at the Pie Traynor area of the park (Deer Browse 1 Pavilion) June 10-August 9, with a vacation week off from July 15-21. High school practices will continue to be held Monday through Friday from 7:30-9:30am, while middle school practices will be held Tuesday, Wednesday, Friday, 7:30 -9:15am.

Costs:

Students entering grades 9-12 in the fall: \$170

Students entering grades 6-8 in the fall: \$120

Registrations will be accepted on a first come-first served basis. All participants must have all registration forms including signed waivers and registration fees in for insurance purposes prior to participation.

Families who wish to take advantage of this opportunity should do the following:

1. Register their student online here:
https://docs.google.com/forms/d/1COrXftWYINzMjhEhVuz30_9SI0vm8h3TeHkQa6C3VlE
2. Print and fill out the attached waiver. Also available online here:
<https://docs.google.com/document/d/1xyfz5pebSz3oHOvI5sq00DJH3ypP-3kxMVAo8DLW5gE/edit>
3. Send in their waiver and payment (Checks payable to Allegheny North Athletics, LLC) to John Neff, Summer XC Registration, PO Box 271, Wexford, PA 15090.

A professional, skilled, developmental training program in a positive educational environment at an affordable price was our desired goal. If the cost of the program is prohibitive for anyone, please reach out to me personally.

Of course, questions of any kind can be addressed to me at natigerstrack@gmail.com .

Coach John Neff